

FIT TO TRAVEL, *continued*

With these schedules it would seem nearly impossible to maintain good fitness throughout the year, especially in light of the fact that much of the traveling involves entertaining clients. However, both athletes are not only able to maintain good fitness, they maintain fitness and speed which allows for them to win many races locally and always compete for the top spots. Both athletes offer similar explanations and advice on how they are able to do this, despite their demanding professional and personal schedules.

A universal theme is picking hotels and locations whenever possible which offer fitness facilities and available trails and roads to run on. They suggest training at least once or twice during long trips, even if only short in duration. After all, intense shorter workouts can be just as effective as longer easier runs, as more intense workouts, even when shorter in duration, allow you to maintain your VO2 Max and overall racing/speed fitness. Miguel strongly recommends stretching after long flights and massages whenever possible. Miguel also stresses the need to increase the level of training before traveling on a long trip, as it is inevitable that the trip will not be as conducive to effective training as much as when home. The same is true when arriving home, with the training starting as soon as possible, but allowing for room to totally regain the fitness over a period of time. Miguel also takes a realistic and rather enlightened view of traveling to less “runner-friendly” locations: he states that if you cannot train during your trip, “just relax and enjoy the experience and local cuisine” and even indulge with a couple of beers or wine if you like.

Chris Oesch, a lifelong runner, has been traveling extensively for the last 26 years, and he explains that as “funny as it may sound”, the fact that he travelled so much actually directed him into the sport of running, as it is really the only sport he found he was still take part in while traveling as much as he does. Chris does his research before traveling into such things as races in the cities he is visiting and running trails and paths in the general vicinity of where he is staying. Although he prefers the roads and trails, he will run on a treadmill when needed. Chris fondly recalls many trips to foreign cities that were not so “runner friendly” - no running paths or trails - where he would head out of his hotel with running shoes and \$50 and run until he would get thoroughly lost and then take a cab back to his hotel.

Both Chris and Miguel do their best, both when traveling and at home, to watch what they eat and drink and maintain a consistent routine as much as possible. This holds especially true during long flights, layovers and hotel stays. Rather than alcohol, Chris increases his water intake and drinks lots of fruit juice, which also helps him avoid airborne illnesses during travel when his immune system is vulnerable. Miguel allows himself time to get back into the routine of steady training when he gets back from a long trip, and won't race until he is ready. Chris on the other hand, as I know personally, will often come to a race straight from the airport after an international flight. Chris believes in using 5K's as part of his speed work and this has also allowed him to remain highly competitive in his mid-forties. Chris also implements a small amount of cross-training into his routine when home, and Miguel bikes and swims competitively as a champion tri-athlete. Although both athletes have different techniques for maintaining their high level of fitness, both also share the exact same philosophy about getting it done: they just do it!

Although most readers in a lifetime will not travel as much as Chris and Miguel do in one year, many of the training techniques and advice can be utilized in every day busy life or when on vacation.

Please feel free to send your feedback on this article or suggest future topics or alert me to athletes of interest in the local community by contacting me at spencerruner@gmail.com or messaging me on Facebook.



2014 RRCA Florida 5K State Champions

Overall Male Winners

- 1st – Miguel Tellez
- 2nd - Soekeer Fajardo
- 3rd – Spencer West

Overall Female Winners

- 1st – Daniella Draughon
- 2nd - Veronica Correale
- 3rd – Tami Karsen

Masters Winners

- 1st Place Male – Chris Oesch
- 1st Place Female– Charlene Grecsek

Grand Masters Winners

- 1st Place Male – Curt Liner
- 1st Place Female– Mary Nicholls

Senior Grand Masters Winners

- 1st Place Male – Larry Starr
- 1st Place Female– Pam Richardson

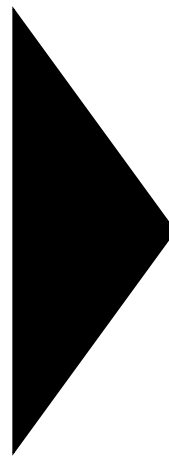
~~~ Join Us ~~~

Gold Coast Runners weekly training runs! We are a beginner-friendly group!

Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00AM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00PM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

**Meet
Up
with the
Weston
RUN
CLUB**



Wednesday Evenings Weston Town Center

Meet by the Bell Tower

7:00PM

Stay after for the cool-down
stretch & refreshments

All paces 3-4 miles

Thursday Evenings - 17th Street Causeway Ft Lauderdale Run Club - Training Run

6:30 PM - Starts at Runner's Depot - Ft. Lauderdale

1489 SE 17 St. Causeway, Southport Center (954) 712-9951

All paces, 4-6 miles. Stay after for the cool-down & drinks

Saturday Mornings – Weston Town Center

6:00 AM – 5-10 Miles, All Paces, 2 Water Stops

Runners and walkers, all paces Welcome!

For more information call 954-474-4074